



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING INDIAN COUNCIL OF THE ELDERLY

944 N. 33rd STREET
FOR PICKUP

APRIL



MONDAY	THURSDAY	FRIDAY
933-1401  RESERVATIONS REQUIRED  find us on facebook 	Shaved Ham w/Mustard 1 Multi-Grain Bread Cucumber Salad String Cheese Jello Poke Cake Fresh Orange	Egg Salad 2 Wheat Bread Veggie Pasta Salad Melon Wedge Snickerdoodle Cookie Fruit Cocktail
Turkey Salad 5 7-Grain Bread Marinated Vegetables Cottage Cheese Mandarin Oranges Rice Krispie Treat	Chopped Chicken 8 Fajita Salad Tortilla Chips Baby Carrots  Juice Chilled Pear Slices	Tuna Salad 9 Marble Rye Bread Broccoli Slaw Pickled Beets Pretzels Fresh Fruit Cup
Roast Beef on Sesame Bread 12 w/Mayo & Horseradish Marinated Bean Salad Cauliflower Chilled Apricots Lorna Doone Cookies	3-Cheese on Sourdough 15 w/Cucumber & Tomato Mixed Greens/Dressing Asian Coleslaw Fresh Broccoli Apple	Sliced Ham w/Mustard 16 on Rye Bread French Potato Salad Cherry Tomatoes Fruited Yogurt Cereal Bar
Egg Salad 19 Multi-Grain Roll Marinated Carrot Salad String Cheese Pretzels Cinnamon Applesauce	Submarine Sandwich 22 w/Lettuce & Tomato Potato Salad Pickle Spear Blueberry Muffin Grapes	Chicken Salad 23 7-Grain Bread Red Cabbage Slaw Sun Chips Brownie Banana
Ham & Cheese 26 w/Mustard Whole Grain Bun American Potato Salad Pickled Beets Fruited Yogurt Graham Crackers	Sliced Turkey 29 Whole Grain Bread Spinach Salad/Dressing  Apple Juice Peanut Butter Cookie Peaches	Taco Salad 30 <i>Taco Beef, Beans, Cheese Tomato, Onion, Peppers Dressing, Shredded Lettuce</i> Tortilla Chips Baby Carrots Cornbread Muffin Fresh Fruit

SAFE FOOD SHOPPING GUIDE

Home food safety starts at the store. Grocery shopping must be done safely to reduce the risk of food poisoning. By following these recommendations, you can help make sure the food you bring home is safe.

STOREWIDE TIPS



Bring hand sanitizer and use it before sampling foods at the store



If the "sell by" date has passed, don't buy the product



Make sure food packages are free from holes, tears or openings

PRODUCE

When buying pre-cut, fresh produce, make sure it's refrigerated or set in ice



Keep fruits and vegetables separate from raw meat, poultry and seafood products in your cart

Pick produce that is free of major bruises and damages

Beware of bulk discounts, since fresh produce has a limited shelf life

CANNED GOODS



Avoid buying cans that are deeply dented, bulging or rusting

Buy these perishable items toward the end of your shopping trip:

MEAT, POULTRY & FISH

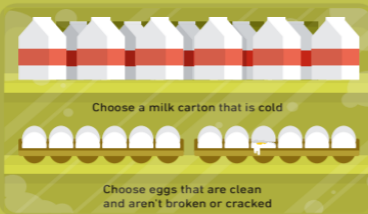


Put raw meat, poultry and seafood in plastic bags before placing them in your cart to keep them from leaking onto other foods



Choose pre-cooked meats and fish from the butcher counter that are completely separated from raw items in the display

DAIRY & EGGS



Choose a milk carton that is cold

Choose eggs that are clean and aren't broken or cracked

FROZEN FOODS



Frozen foods should show no signs of thawing

CHECKOUT



When checking out, bag frozen foods together to keep them cold

Bag raw meats, poultry and seafood separate from other foods to keep juices from leaking

HEADING HOME



Go home immediately after grocery shopping because perishable food must be refrigerated within two hours



- If you know you can't go straight home, bring a cooler bag to store the perishable items
- Wash reusable grocery bags regularly

For more tips to keep food safe from the store to your fork, visit www.HomeFoodSafety.org.



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Read the label!

More than

90%

of Americans may be prematurely tossing food because they misinterpret food labels as indicators of food safety. Know your labels:

0 123456 789012
SELL BY: 18 JUNE 2020

The "sell by" date tells the store the last day they should sell that specific package.

The "best if used by" date is the recommended date for best flavor or quality.

The "use by" date is the last date recommended for use of the product at peak quality.

Buy the product before the Sell By date passes and cook or freeze the product by the time on the Refrigerator/Freezer Storage Chart

If a product has a "use by" date, follow that date

WAYS TO PRESERVE FOOD & MAKE IT LAST LONGER

FREEZE

Wrap freezer items in heavy freezer paper, plastic wrap, freezer bags or foil

surplus food, such as abundant seasonal produce or meats to extend shelf life.

Blanch vegetables before freezing

Date all freezer packages and use the oldest food first

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FOOD	FRIDGE	FREEZER	ON
JAN	JULY	1	2
FEB	AUG	3	4
MAR	SEPT	5	6
APR	OCT	7	8
MAY	NOV	9	10
JUNE	DEC	11	12
		13	14
		15	16
		17	18
		19	20
		21	22
		23	24
		25	26
		27	28
		29	30
		31	



USE A REFRIGERATOR THERMOMETER TO ENSURE THE FREEZER IS SET TO 0°F OR BELOW.

0°F

KEEP IT SAFE FROM PURCHASE TO PLATE

1 DON'T PURCHASE PRODUCE WITH **MOLD** OR **BRUISES** OR **CUTS**

2 **WASH** ALL PRODUCE BEFORE EATING

3 **SEPARATE** ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs

4 Set fridge to **40°F** or lower

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